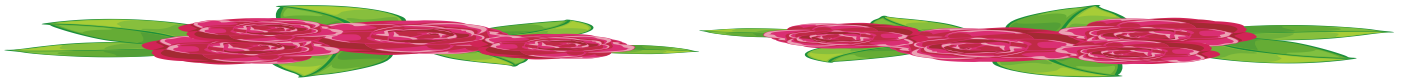


Choices for Girls for 3rd & 4th grade girls

For six evenings, girls will have a fun and active time playing games and learning important life skills.



The skills being focused on are:

- ⇒ Communication
- ⇒ Gaining self-confidence
- ⇒ Coping and controlling ones emotions
- ⇒ Learning how to deal with peer pressure
- ⇒ Relaxation and breathing techniques to de-stress

Thursdays, starting October 3 – November 7

5:30pm–6:30pm

At Center School

in Room 23

Fee: \$25.00



To register, please contact Chantal
@Ellington Youth Services
860-870-3130 or characsy@ellington-ct.gov